



CLAN Midland Annual Report 2023



Our Vision

Children and families thriving in safe, nurturing and connected communities

Our Purpose

To develop and deliver services that empower children and families to thrive

To facilitate community development and capacity building initiatives

Guiding Principles

Using and building community and family strengths

Taking a partnership approach throughout the organisation

The well being of the child is central





CLAN acknowledges the traditional custodians of the land that we work and live on, the Wadjak people of the Noongar Nation. We pay our respects to their strength, cultural resilience and Elders past, present and emerging.

Aboriginal and Torres Strait Islander people should be aware that this report may contain images and names of deceased persons.

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Chairperson and Executive Manager's Message



We are pleased to present the Annual Report for CLAN Midland for 2022-2023.

As we mark three decades of dedicated service to our community, this report reflects the commitment, passion and collaborative efforts that have been the cornerstones of our organisation's success.

From humble beginnings in 1993, with a dedicated group from the community, to where we are today, we are proud that 30 years later, we are staying true to our roots, Community Links and Networks.

One of the key inspirations for CLAN was from Anthropologist Margaret Mead, who said, "We now expect a family to achieve alone what no society has ever expected an individual family to accomplish unaided. In effect, we call upon the individual family to do what a whole clan used to do."

The original CLAN was developed in the late 1980s after residents and various community members acknowledged significant difficulties relating to family breakdown and the impacting factors on parents, children and the wider community. A need was established, and community members sought a solution. A program was adopted that linked volunteers with families who were at risk, a preventative measure as opposed to crisis management. After lobbying the Government, funding was established to pilot the program in Mandurah, Midland, Victoria Park, Kwinana, Mirrabooka and other areas.

In the early days of CLAN, volunteers were recruited and trained to provide social and emotional support to families, connecting them to their community, peers, and other support services. This early intervention, place-based approach, saw exceptional results for many decades. Sadly, there has been a shift in funding and focus over the past years that has seen a move away from individualised early intervention support. We are witnessing challenging outcomes for families due to this and there is a great need to bring early intervention and home visiting back on the agenda.

Achievements:

This past year has been a testament to the resilience and adaptability of CLAN Midland. Despite ongoing challenges as a small not-for-profit, we have continued to fulfil our mission of supporting families and strengthening our community.

Some key highlights include:

Program Impact: Our programs have directly impacted the lives of individuals and families, providing them with mentoring, connection to community, educational resources and parenting support. The continuation of our FAST programs, the expansion of our homegrown Read Play Grow program, the continued strengthening of community development through the Community Links project and our first year of Empowering Parents Empowering Communities have all been significant successes.

Strategic Partnerships: Collaborative efforts have always been at the heart of our organisation. We have strengthened existing partnerships in the past year and forged new alliances with government agencies, and other non-profit organisations. These partnerships have allowed us to leverage resources, share expertise, and extend our reach to a broader audience.

Looking Forward:

As we reflect on the past year and celebrate our achievements, we also look forward to the future with optimism and determination. Our strategic plan for the coming years includes:

- **Expanded Outreach:** Increasing our impact by reaching more families and individuals in need by expanding our programs and services.
- **Innovative Initiatives:** Embracing innovative approaches to address emerging challenges and enhance the effectiveness of our programs.
- **Sustainable Partnerships:** Strengthening and diversifying our network of partnerships to ensure long-term sustainability and increased community support.

Gratitude:

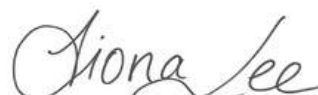
Our success is a collective achievement, and we express our deepest gratitude to everyone who has been a part of this incredible journey.

In closing, we acknowledge the valuable, considered and diligent contribution of the CLAN Midland Board, staff and volunteers who remain committed to a shared understanding. To CLAN Midland's partners and the communities for their dedication and support as we continue to work side by side.

We remain committed to our vision of 'Children and families thriving in safe, nurturing and connected communities.'



Sara Browne - Board Chairperson



Fiona Lee - Executive Manager

Our Board, Staff and Volunteers



CLAN Midland strives to help children and families thrive in safe, nurturing and connected communities. From pregnancy and infants through to primary school and beyond, we have a deep passion for walking alongside families and community members on their journey in life.

CLAN focuses on helping parents understand the importance of early brain development, attachment and the everyday things they can do to support their children's growth. Exploring strategies for talking with children about their feelings, their joys and their struggles, parents are empowered to build long lasting, deep connections with their children.

A dedicated Board of leadership leads CLAN Midland. We are indebted to them for their guidance, skills, support and direction.



Chairperson



Vice-Chairperson



Treasurer



Secretary



Board Member



Board Member



Volunteer- A person who freely offers to take part in an enterprise or undertake a task.

We sincerely thank our Volunteers for their incredible contributions to our organisation and the community. Without them, we simply would not be able to do the work we do.

Our volunteers support programs, early literacy initiatives, document control, social media and more.

Each year we are grateful to be able to host students from a range of tertiary institutions. Helping to guide and mentor future community services sector employees is a great privilege and important work, aiding in ensuring the people we serve have well equipped workers as part of their team.

Over the years we have hosted students from UWA, ECU, Curtin, Stotts College, Trainsmart, and TAFE as well as local high schools.

1104
Student Hours
2244
Volunteer Hours



CLAN History

LATE 1980s

Community Link and Network (CLAN) was founded by various community members. Bret Hart became the driving force for CLAN

1994

CLAN awarded Australian Violence Prevention Certificate of Merit

1995

CLAN moved to Lotteries House



2000

CLAN settled into their new home at 36A Mathoura St Midland and proposed Parent Link Home Visiting Service



2010

United Way WA starts funding CLAN Midland programs - FAST and BabyFAST programs, Family Fun Days and various others

1993

CLAN Midland Inc formed at Hooley Rd and later moved to Churchill Brook Family Centre



1996

Family and Children Services funded CLAN programs

1997

Respite program starts, CLAN children's camp for families with children with ADD/ADHD

2009

Funding from Department of Communities for Midvale Neighbourhood Centre and Parenting Home Visiting Services



2013
 CLAN was part of and in the original committee for the launch of Paint the Swan REaD in WA and United Way WA funded the implementation and development of the Read Play Grow and Happy Healthy Families programs



2012
 Swan Alliance CFC starts funding CLAN Midland, contributing to the FAST programs and Community Outreach
 WA Children’s Week, Department of Communities Metropolitan Services Award – FAST

2014
 WA Children’s Week, Communities Award Metropolitan – Paint the Swan REaD

2015
 Partnership with Midland Gate begins

2016
 Partnership with Ellenbrook Central begins



2017
 FAST Australia Alliance formed

2018
 CLAN Midland celebrates 25 years with a new logo



2021
 Lotterywest grant COVID-19 Relief Fund’s Strengthening and Adapting Organisations Program



2023
 CLAN Midland celebrates 30 Years

Our Child Safe Journey

CLAN is dedicated to the wellbeing of all children and young people engaging in its services and their welfare will always be our first priority.

CLAN strives to create open and transparent communication channels with children, parents, and caregivers, fostering a culture of trust and accountability.



Development of the CLAN Code of Conduct begins.

Nov 2020

Executive Manager attends training to implement the National Principles.

May 2021

The National Principles for Child Safe Organisations are included on PD Day agenda.

Jul 2021

The CLAN Staff Misconduct and Child Abuse Reporting Process was established.

Jan 2022

The CLAN Child Safe Code of Conduct is created.

Sep 2021

Aug 2021

CLAN staff members attend WACSS training and Child Safety PPM begins development.

Feb 2022

The beginning of staff meetings exclusively dedicated to the development of the Child Safety PPM.

CLAN hosted an all staff review during a PD Day exclusively dedicated to the Child Safety PPM.

Jan 2023

The code of conduct was finalised and uploaded onto the CLAN website for parents and other program participants.

Sep 2023

Executive Manager attends a Child Safe forum to help the development of our policies.

Oct 2023

Our Impact

92% Satisfaction rate across all our programs

Community Links

102 Participants

295 Attendances

over 56 sessions

CLAN is built on a tradition of peer-led models of service delivery and was named accordingly – Community Link and Network. Connecting with ‘someone like me’ was enormously powerful and inclusive for families. We invest our resources in programs that transition parents from recipients of services to partners in delivery.

Our beacon programs, Empowering Parents Empowering Communities (EPEC) and Families and Schools Together (FAST) consciously and comprehensively support parents to move from ‘client’ to ‘co-worker’.



FAST & EPEC

302 Participants

124 Attendances

over 94 sessions

Families and Schools Together - FAST

Families and Schools Together - FAST® is an early intervention and prevention program with the mission of ‘nurturing the inherent potential of every child by uniting families, schools, and communities.’

Research shows the incredible impacts of family engagement: stronger academic success and better school attendance for children, increased skills and confidence among parents to advocate for their children, and more collaboration between families and school.

KidsFAST is for families with primary school aged children. This year another successful program was held in the Swan Community with Swan View Primary School offering the use of their venue. For eight weeks, 11 families came together, shared a meal, engaged in family strengthening activities that explore turn taking, sharing of feelings and child led play, and connected with other families in the community.

Here is what the families had to say about their FAST experience:

“Attending FAST has given me a new perspective on how to connect with my son and where to seek help.” – Swan View Parent, 2022

“FAST has helped us as parents feel better about being parents and has helped us understand that we are in control most of the time but it’s good for the kids to be in control when playing with toys.” – Swan View Parent, 2022



Arbor Grove Primary School celebrated their sixth cycle of KidsFAST this year with nine families attending. The school funded the majority of the program, showing their enormous commitment to engaging parents and building strong community within the school. Each year there is a long list of school staff willing to volunteer their time at the program.

Over the last six years, many parents have gone on to become FAST team members, coordinators and one as a FAST Trainer. This is another testimony to CLAN's passion and work in the peer-led space.

"It has been an amazing experience. From attending with my family last year, to being a parent partner this year. FAST is such a brilliant program and we take back a lot from the program too." - FAST Team Member, 2023

"I feel I want to spend more time with my family now." - Arbor Grove Parent, 2023

88% improvement in parent to child relationship



BabyFAST and Early Years FAST

BabyFAST® is a multi-generational program for young parents with children 0-3 and their parents based on the same goals as FAST. This year we held the 23rd BabyFAST program in Midland since 2004. Nearly 20 years of providing a safe space for young parents to connect with each other and their babies in a nurturing and empowering environment.

Early Years FAST was held in Ellenbrook in 2022. This was the third cycle of Early Years FAST with 11 families attending. Early Years FAST has been delivered in partnership with the Arbor Grove Child and Parent Centre other local community organisations.

**493 adults and
253 Children since 2004**

“Participating in BabyFAST has been a really great support for me and my family. It has given me better knowledge and understanding about being a dad. I have become closer and made friends with other young parents and getting to know the different ways of parenting from their perspective and how others have experienced things in different ways. My son has learnt so much from BabyFAST and I have noticed his social skills towards other babies and children has been amazing, overall it has been a great opportunity to take part in this program as it has had a positive impact to my family and I, I would definitely love to do it again.” – Baby FAST Parent, 2023



“I am a mother of 21 month twins, a boy and a girl. My support worker referred me to this Early Years FAST program. I would like to thank Rachael for the opportunity to attend this program. Before I attended this program I was isolated and not had enough confidence and sick and tired. Once I stated to attend this program it’s a complete change and great break to my routine and started feeling myself, gaining confidence, exploring my twins, sharing my challenges, talking with people. I started feeling like I am not alone. FAST program is very good for mothers like me. It helps to regain confidence and break from routine. After this program I am feeling myself better and confident. Thank you everyone for this.” – Early Years FAST Parent, 2022

“BabyFAST has helped me and our lil family a lot. It’s really having a big impact. I think it helps so much because I learnt heaps of skills and other people’s experiences and stuff. Thank you, you’ve been such a big and great support for us honestly. It has been amazing to meet new parents and you guys that run BabyFAST. I feel like I have better knowledge as well.” – BabyFAST Parent, 2023



All FAST programs would not be possible without the support of our partner organisations. (see back page)

Community Links

This year was our third year of the Empowering Communities contract funded by the Department of Communities. The Community Links Project supports people to use their talent, skills and knowledge to start their own projects, groups and initiatives to make our communities better places to live.

CLAN uses an Asset-Based Community Development (ABCD) approach to encourage individuals to drive engagement with their neighbours and the wider community.



This year has seen the Community Links Project work with many seniors' projects in the Bullsbrook community including support for new and existing groups and a book project about the lives of seniors in the Bullsbrook community.



In November, we partnered with the City of Swan and the Mental Illness Fellowships of WA (MIFWA) to support one of our Community Links volunteers in hosting a Suicide Awareness evening. After losing their son to suicide earlier in the year, the volunteer came forward with the idea of a local suicide awareness event to get the community talking about suicide and mental health. The event was attended by nearly 50 people and the feedback on the event was extremely positive, with attendees acknowledging the need for events like this due to the higher prevalence of suicide in rural communities like Bullsbrook.

“After my son, Adam took his own life in January 2022 I was determined that I would do whatever I could to change the conversation around suicide which is, generally, not talked about or seen as a person’s failure. People who have such dark thoughts desperately need support but often hide their anguish and can easily fool everyone around them with a big smile and jovial behaviour often resorting to drugs or alcohol to ease their pain. I wanted to help in bringing mental health conversations into the light, into everyday life.”



The Bullsbrook Cuppas Group is a welcoming community initiative formed with a passion for fostering relationships and an inviting space for locals to come together.

This year the group have hosted a collection day for Animal Rescue Shelters, art sessions and regular fortnightly groups.





Empowering Parents Empowering Communities (EPEC)

This year, with funding support from Swan Communities for Children, we established Empowering Parents Empowering Communities (EPEC) in Ellenbrook. This has been an exciting and significant step forward in CLAN Midland's approach to peer-led work. At the same time, our friends at Ngala also established an EPEC hub in Mirrabooka. In collaboration with Ngala and under the training and guidance of the Centre for Community Child Health, Murdoch Children's Research Institute, five CLAN Midland staff were trained in EPEC, its core parenting program, *Being a Parent*.

Research in the United Kingdom found that EPEC significantly reduced children's behavioural problems and improved parents' competencies in populations considered disengaged from services. Other UK research has shown peer-led parenting training groups have a much higher retention rate than conventional parenting group formats for disengaged parents. Parenting messages are more palatable when delivered by someone who 'looks like and sounds like me'.

Our trained practitioners delivered two Being a Parent programs during the year, from which participants were invited to submit an expression of interest to be trained as Parent Facilitators of the Being a Parent program. This was an exciting new adventure for the participants.

CLAN and Ngala jointly delivered our inaugural Parent Facilitator Training, held over 10 weeks with nine keen participants drawn from Ellenbrook and Mirrabooka. During the course, the Parent Facilitators developed a deeper understanding of the Being a Parent program and also acquired practical knowledge facilitation skills.

The newly trained Parent Facilitators are currently delivering their first Being a Parent, supported by CLAN practitioners. Parents participating in Being a Parent this term have experienced the model in action, inspiring several to express interest in being trained as a parent facilitator in 2024.

We are grateful for the support of Kwinana Early Years Service who have generously shared their wisdom and experience of bringing EPEC to WA.

78% felt more connected to their child

“I really appreciated how the spotlight at the beginning was on ourselves as people, then as parents, then widened to include our relationship with our children. Introspection is fundamental to make any changes to our relationships to others, and I’ve always recognised that at base, that is what a parenting course is - a course in communication. For me, that is what I really value in the BaP training: learning how to express myself clearly; making changes within myself, then changing how I respond.” - BAP Parent Facilitator, 2023

“I loved the program, I just wanted to keep on learning. As a parent the learning never ends. It is like a medicine that turns into knowledge. Being around the other parents and the experiences their going through, made me think I’d like to be in this field where you help yourself and others around you.” - BAP Parent, 2023



Partnership with Wadjak Northside

This year saw the expansion of the FAST and BabyFAST programs to the Balga area in partnership with the Wadjak Northside. Through dedicated efforts and a shared commitment to positive change, Wadjak Northside, with training and mentoring from CLAN, have successfully implemented a BubsFAST and KidsFAST program in their first year.

As we reflect on the achievements of the past year, we look forward to continuing this meaningful collaboration, Aboriginal people empowering Aboriginal families in the Balga area and contributing to the enduring strength and unity of the Aboriginal community.

80% reported stronger family relationships

12 families attended



School Readiness

Over the past two years, we have been working together with Anglicare and the Arbor Grove Child and Parent Centre exploring the concept of school readiness and the experiences of multicultural families in Ellenbrook. In conjunction with local schools and a committed group of multicultural parents we have held several parent workshops and delved into what parents and schools feel are key elements in preparing children for school.

School Readiness is the foundation of building confidence for a child to make the transition from home to school. When children are better prepared to start school, they experience less anxiety and more confidence.

We thank the Sister Project for their support, Swan Communities for Children and Anglicare for funding the project and to all the key stakeholders. We look forward to the continuation of this project and sharing outcomes with the community in the near future.



Paint the Swan REaD

Paint The Swan REaD (PTSR) is a Collective Impact grassroots initiative carried out by a committee of ten not-for-profit organisations, now in its tenth year. The initiative aims to promote and educate parents, child caregivers and the wider community on the benefits gained from five vehicles for development – talking, reading, singing, rhyming and playing with children from birth to encourage healthy child brain development and child/parent/caregiver connections.

CLAN Midland has been very fortunate to have a wonderfully proactive PTSR Volunteer who actively seeks to promote the project in the community, through swap boxes and via social media, the educational messages of healthy child brain development.

With 50 reading swap boxes out in the community, children throughout the City of Swan are able to access free books to support their learning. This model provides a way to get free books for children into their homes, removing possible financial and social barriers that may limit a child's access to quality, safe reading material.

**More than 1350
books distributed**



Another key milestone of the project has been the rebranding of the PTSR logo. In consultation and conversation with the committee, community and local Elders, PTSR now has a new logo that recognises and celebrates Wadjuk Noongar culture and language.

Many thanks to our colleagues from the Ngalang Moort Ngalang Kurlangah (Our Family Our Children) team at Ngala and Laurie Butcher for their support in the logo redesign. The new logo includes the Noongar language words for Talk, Sing and Play included, with colours from the Aboriginal flag.



Read Play Grow

Read Play Grow (RPG) is an early intervention program with the goal of providing a pre-school home environment that allows children to start school ready to learn. It provides a safe, positive experience in which parents can learn without judgement and feel supported to provide the key experiences for their child to become a successful learner at school and in life.



25 families attended the six-week program

RPG was developed eight years ago in partnership with United Way WA after reviewing the Australian Early Years Development Census (AEDC) data in the City of Swan. In recent years Leadership WA have supported us in developing a strategic plan which has led to RPG becoming a evidence-informed, manualised program with a two-day training for facilitators.

This year, thanks to funding from Better Beginnings and ABEC, we were able to train 17 new facilitators in RPG and expand our program outreach into the City of Wanneroo. We have also translated some RPG resources into a variety of other languages.

We were excited to partner with United Way WA, Parenting Connection WA North West Metro, Pat Giles Centre for Non-Violence and Quinns Beach Primary School to run four RPG programs in three new sites.



CLAN Midland has been serving the City of Swan community for 30 years

We are delighted to showcase CLAN Midland's services, staff, volunteers and partners on the following pages





Swan Rotary



Minister Roundtable

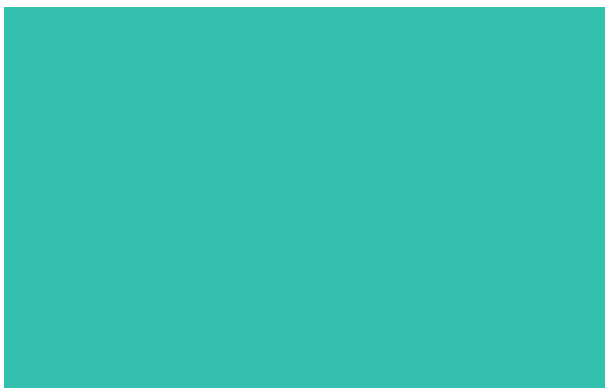


McCusker Foundation

CWA Bullsbrook IWD



Paint The Swan REaD

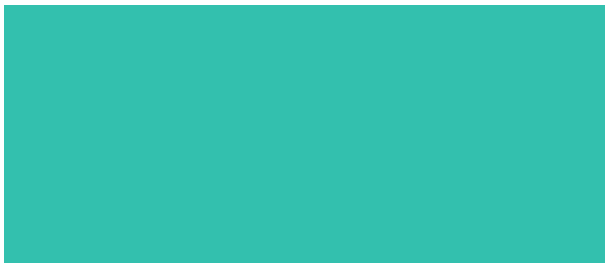


NAIDOC



Wadjuk Northside







FAST



Clothing Day



Christmas Hampers





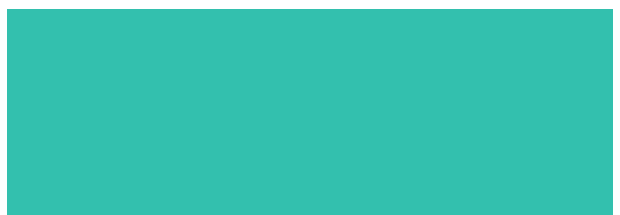
Craft Group





Family Fun Days

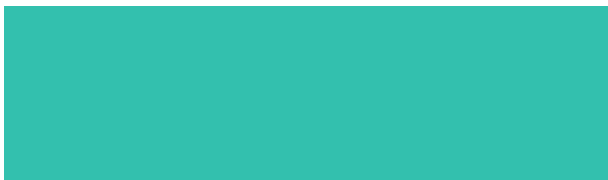






Our People





Funders, Partnerships and Supporters

Supported by



Anglicare WA



Child and Parent Centre Swan



Child and Parent Centre Arbor Grove



midlas building resilience



PATRICIA GILES
Centre for Non-Violence



ORANA HOUSE





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